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THE EDITOR (EUGEN SANDOW).

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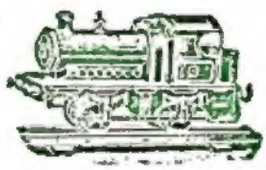

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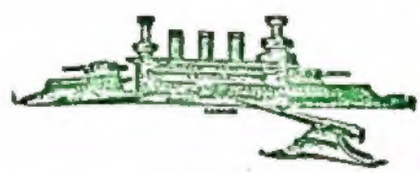

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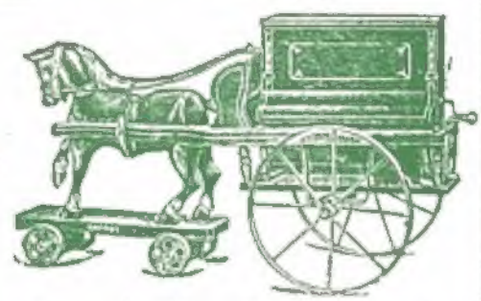

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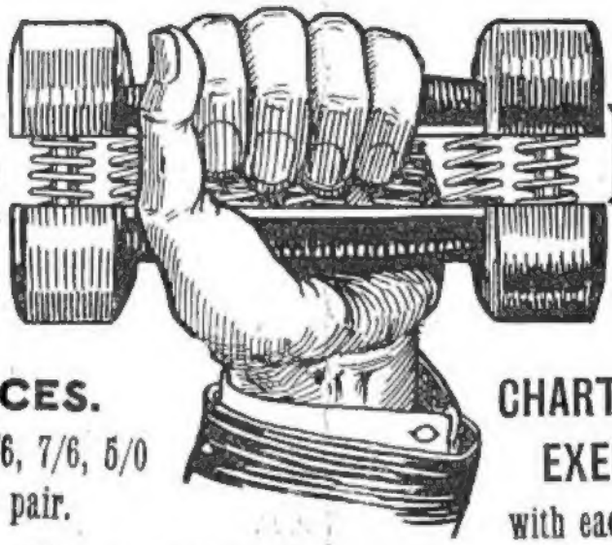

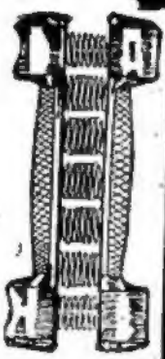

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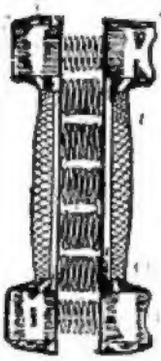

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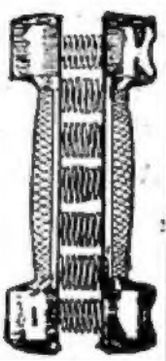

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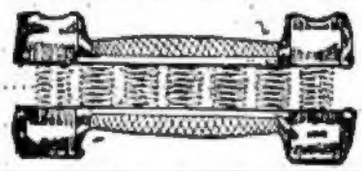

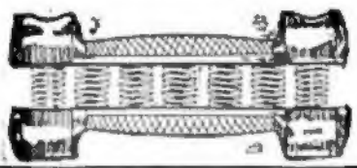

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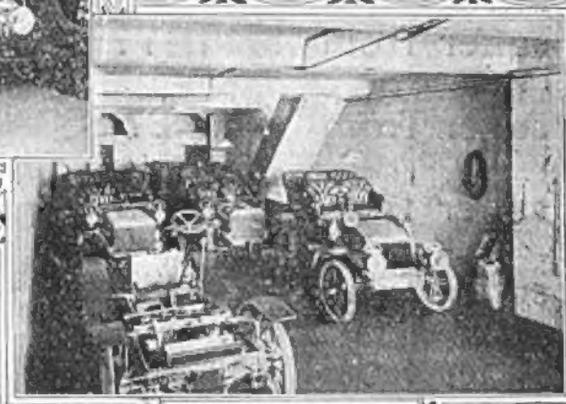

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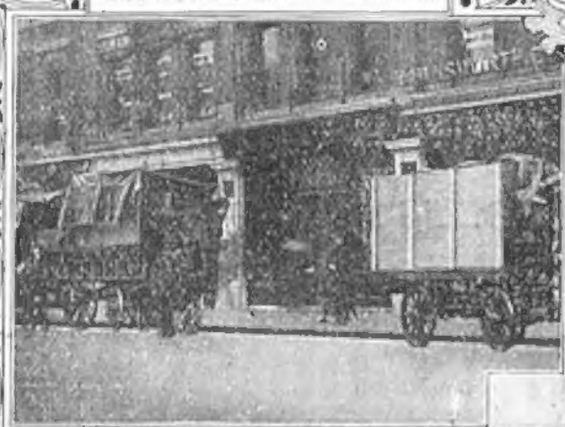

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VOL. XVI. (Est. 1898)
No. 4.

JANUARY 25, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Edited by EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A Sound Mind in a Sound Body.

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution must bear note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Sir Lauder Brunton presided at a recent conference of teachers at the Education Department of the London County Council. In his quiet, telling manner he rivetted attention at the outset of his address by remarking that they had all begun their physical training by creeping, and that they had begun all wrong. It was their feet, not their hands, that they should have exercised. Men seemed to be unable to do anything the right way at first. He had to make many attempts before he got on to the right track.

o——o

Sir Lauder Brunton then proceeded to argue that our educational policy had been all wrong. Man was a threefold being—body, soul, and spirit. He required, therefore, threefold education—physical, intellectual, and moral. Instead of beginning in a natural way at the bottom, and working upwards, he began at the top, and worked downwards. We had the Ten Commandments before we had the three R's, and we had churches and cathedrals before we had elementary schools; we were only beginning to discover that moral and intellectual training depended upon the physical. The mind acted upon the body both consciously and unconsciously, and the involuntary motions could be trained and restrained. Not only did the mind act on the body; but the body reacted upon the brain. The only way in which the feeling of the mind could be expressed was through the body, and it was necessary to train the body to do this. They had not only to train the muscles, but also the nerve-centres that controlled the muscles. If a child were trained by play, the exercise would be continued in later life with enjoyment. This was the reason why Englishmen played cricket in tropical climates, to the surprise of all other nations.

o——o

Dr. Kerr, the medical adviser of the Education Department, said there is a probability that the methods pursued in infant schools will soon be recast; and this should, in Dr. Kerr's opinion, allow of much greater attention being given to

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the physical side of education. For young children the literary part of education is of little importance. The cardinal interest centres round the formation of character and the development of the mind, and the child owes more to natural surroundings than anything else. Then they are in a plastic state, and require training. These nerve-centres should be trained on natural lines, and it is necessary to know at what time particular groups of nerves can be most advantageously exercised. The nerves of young children are easily fatigued, and the greatest care must be taken that they are not overstrained. Children between three and five must have alternations of rest and movement, and they cannot rest long unless they are asleep. The most suitable exercises for young children are running, skipping, and leaping. Many children breathe badly. Nasal breathing should in every case be established, and when necessary the doctor should be called in. Deep breathing exercises should be taught, and music, which helps rhythmic combinations, should be used whenever possible.

o——o

The child in the infant school is full of curiosity, and wants to know. This characteristic Dr. Kerr wisely desires to preserve through life. It is of the greatest intellectual value, being the necessary attitude of mind for all successful pursuit of knowledge. Infant school children also delight in imitation, and this he would also encourage. He holds that character is largely the result of the previous actions of the nerve-cells, and that bad heredity and bad home surroundings may, to a large extent, be counteracted by the wholesome influence of suitable training in the infant schools.

o——o

*"The Educational Value of Organised Play" was the subject of a splendidly-conceived paper by Mrs. Kimmins, based on her personal experience in connection with the poor children of Bermondsey University Settlement. London children, she found, required to be taught to play. In their Guild of Play they used quaint old English song-games and fairy tales. There was no direct religious teaching except kneeling for the closing prayer and benediction; but much of the best religious teaching was indirect. Games required to be organised even for children from the best homes, and this was more necessary for the children of the slums. At first the children barely listened to the fairy tales, but now they were making fairy tales themselves. Their amusements were formerly reproductions of the debased life they saw around them, but now they play in the streets the pretty old English games that they have been taught.

o——o

In their methods, Mrs. Kimmins maintained they were following the example of the Greeks of the age of Pericles, who educated their youths with music and gymnastics, and of the great English public schools, which have the fairy tales of classical antiquity and organised games as the basis of their system. Their Guild of Play developed resourcefulness among the children of the poor. They learned to observe accurately, and to describe picturesquely. Organised play taught them the need for co-operation, bringing home to them the facts that every life touched every other life, and that it was necessary to consider the comfort of each to promote the happiness of all. This was a most valuable preparation for citizenship. The games caused hope and love to grow, and gave the children many happy hours.

o——o

In addition to being a source of great delight to the children, brightening many otherwise dull lives, these Guilds of Play were very highly appreciated by the parents. In illustration of this, Mrs. Kimmins read a characteristic letter from the mother of one of the girls, who was doing more work at home since she had joined the Guild of Play. The games and fairy tales had infused new life and energy into her, thus proving that healthy and timely amusement has an economic value.

[* *Mr. G. H. Archibald's book, "The Power of Play in Child Culture," is a useful book on this subject. (Melrose, 2s. 6d., through Our Readers' Library.)*—ED.]

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"THE PENALTY of DISUSE"

By Charles Addison.

RECENTLY, on a visit to Scotland, I had occasion to pass through a part of the country which I knew intimately in childhood. Often I had played by the banks of the stream in the valley, and tumbled about on the braes, and rolled merrily down the inclines.

But my greatest pleasure in those old days was to wander along the banks of the stream that drove the wheel of an old meal mill. I loved to stand by the great wheel as it went throbbing round, driving myriads of small cogs and complicated machinery round and round.

It was, therefore, with an anticipation of keen pleasure that I looked forward to revisiting these familiar haunts.

How different was the realisation of my dream from anything I had expected! The musical clanging of the mill, which I had often conjured up as a soothing vision when London's streets seemed more dreary than usual, was no more. The tearing saw, which had often made me shiver as it sheared the great logs of wood, was now silent and covered with rust. The slates were falling from the kiln roof, and gaping holes like open sores made the roof hideous.

Naturally I turned to enquire of the neighbours how this came about.

The explanation was a suggestive hint of the weakness of human nature. The former tenant, I was told, had taken a delight in keeping the whole place spick and span. He died, and his son, as was the wont of the district, succeeded him. The son, setting at naught the opinion of others, and merely caring for his own convenience and ease, lived on the hard-earned savings of his father, and let the little farm and the mill not for want of proper attention.

Gradually the machinery went wrong; slates dropped out of the roof, and not being replaced, the weakened beams began to give way. Gradually it became the broken-down wreck that I found it.

Inevitably my mind proceeded to draw an analogy between the ruins of the old mill and the body and mind of man.

Every bone, every muscle in the body has a distinct use. The very existence of a muscle presupposes its being used. Nothing has been made without a purpose, and obviously the continued existence of any living organism is directly dependent upon its being brought into play.

Apply this truth to those who go in for Physical Culture, and it becomes a self-evident truth. One man takes up Physical Culture, and by careful training and untiring attention to the laws of health, builds up, perhaps out of very unpromising material, an almost perfect body. The brain becomes clarified, and the whole man more capable of thinking and acting under varying conditions.

Contrast with such an one another man who is born with a good start, that is, with no trace of hereditary disease in his constitution. He goes in for Physical Culture in a spasmodic manner. He cannot concentrate his attention on any

one subject sufficiently long to benefit from such attention.

He takes up study: languages, philosophy, Physical Culture, and is surprised that he can derive no pleasure from any of them. A man cannot, despite the assurances of money-grabbing teachers, learn a language in a couple of months; philosophy's powers come to a man through years of patient meditation; the figure of a Sandow is a result of the work of a lifetime.

If we consider the precise state of mind which induces these capricious changes, we are better able to understand the matter.

A man generally commences the study of a new subject with enthusiasm. Gradually the novelty wears off, and the subject, devoid of all the fancied charm with which it has been mistakenly invested, looks cold and uninviting. The mind, jaded by unusual application, looks for results altogether incommensurate with the efforts put forth to attain them. Depression follows, and the mind recoils from the task.

This is the critical moment. Should the student at this time throw up the sponge, he will be deprived of another accomplishment. The efforts he will already have put forth will be valueless, and those new energies which he has called into play will through disuse become atrophied.

Now this penalty of disuse, so clearly evident in the physical world, is just as potent, just as obvious, in the world of morals. The thief does not become a thief by his first act of stealing. He was in reality a thief long before. I admit that in many cases theft is committed apparently on the impulse of the moment, but even in such cases I think it could be easily proved that the conscience has sunk into a quite negligible quantity. The proof of this lies in the ability of an honest man to withstand temptation. There is no greater fallacy, no greater insult to human nature, than to say that every man has his price.

But the positive qualities of philanthropy, of tolerance, of charity, will cease to become operative as soon as they cease being positive. Thus a man must exercise those better qualities of mind and heart before he can claim to possess them.

My plea, then, is for a wider toleration in life, for an enthusiasm at least reasonable, so that disillusion may not deaden it. Above all I should like to plead for that wide charity which, knowing all, has learned to forgive much. The possession of these qualities by a nation is of far greater importance than the possession of a few extra quick-firing guns. There is a great future for that country, which, looking beyond the pettiness of this life, sees a new message of hope in the skies. Even to see the new sun break through the mists that have obscured the night is far more than to have made darkness and night in the hearts of others. The mender is ever greater than the breaker.

DEATH FOR INCURABLES.—At a recent meeting of the American Humane Association, Miss Anne Hall, of Cincinnati, presented a resolution advocating the legal killing of the hopelessly insane and diseased, and protested against the practice of prolonging the agonies of incurables by artificial means.

Dr. Charles Eliot Norton, formerly Professor of Literature at Harvard University, and a well-known man of letters, has created a sensation by giving these proposals strong endorsement. He says that no right-thinking man would hesitate to give a dose of laudanum to the victim of an accident from the torturing effects of which recovery was impossible, and that the same course should be taken in cases of incurable cancer where the prolongation of life is criminal.

COMPARATIVE HEALTHINESS OF PROFESSIONS AND TRADES.—Clergymen live the longest according to Dr. Schofield, formerly examiner for the British National Health Society, and who is the author of a work on "Nerves in Order." Here is his list, the occupations being arranged in order of longevity:—Clergy (Church of England); Dissenting ministers; farmers, agricultural labourers, grocers, lawyers, drapers, coal-miners, watchmakers, artists, shoemakers, bakers, clerks, chemists (apothecaries), greengrocers, tailors, doctors, butchers, painters, musicians, cab and "'bus" men, sweeps, publicans, metal-miners, bankers, London labourers, barmen. As clergymen probably live the best lives their heading of the health poll is indicative that good living means longevity. It will not surprise readers to see that farmers come next. Pity the barmen, whilst also avoiding the atmosphere which poisons and kills them.

J. PITCHER (a well-known Merthyr Physical Culture Instructor).

HOW TO MAKE OPPORTUNITIES FOR TRAINING.

By AUTOLYCUS.

THERE are many men who would like to go in for Physical Culture whose interest is confined to reading about it in the magazines specially devoted thereto. The general excuse is lack of time, and, in some cases, lack of opportunity also. The man who has to rise early to go to work is not over-enthusiastic, as a rule, on the cold bath and dumb-bell idea. "Rather not! That's all right for bank clerks and people who get up after the streets are aired." By a curious irony the man who has to get up so early to go to work is almost certainly to be working either to a late hour or to such time as he feels in no condition for any sort of culture, either physical or mental. To him any talk of developers, exercisers, clubs, spring-grip dumb-bells, chest expanders, and appliances generally, is beside the mark. What he wants is the "simple life" as applied to Physical Culture. Now, what can be done for such a man in the way of Physical Culture?

I venture to suggest that there are one or two methods which require no apparatus, and which are ready to one's hand, and by means of which much may be done towards developing a healthy physique. Of course, I cannot promise bulky biceps, but then they are not absolutely essential to health.

To aid the memory, I will ask the printer to put in bold type my first suggestion:—

Take a few Deep Breaths occasionally.

This advice is not new, certainly. That cannot be claimed for it. What can be claimed for it is, however, that it is of incalculable benefit in developing the lungs and chest, and, incidentally, of giving the blood a chance. I use the word "occasionally," and that advisedly. It is not advisable to be continually breathing to the full extent of one's lungs. There are times and places when that is certainly not advisable, as when in any impure atmosphere. But if a busy man, whether busy with his hands or his brain, would, on getting into the open air, inhale deeply, and retain the air so inhaled for a few seconds, he would feel an immense improvement in his condition. And the improvement is immediate! Let him acquire the habit of doing this at regular times, or at all favourable opportunities, and he has done something to make up for his lack of Physical Culture, as generally understood.

USE EVERY OPPORTUNITY.

This (second) advice, so very useful in all the business of life, can be applied by the same individual to Physical Culture. Say he carries a bag to town, or a stick, or anything which he can grip. What is to prevent him exercising therewith the muscles of his wrist and forearm? I don't mean that he should grip the object like grim death. No; I suggest that he should indulge in a series of grips, "putting in all he knows," but relaxing as well. Indeed, he should be quite as careful of the relaxing as of the gripping. Both are important. Again, most of us do some walking. I won't say here how few of us know how to carry the body, but in passing I may remark that we have only to look around us to see how few do walk properly. I would suggest that now and then we give our leg muscles something to do by concentrating on them while we are walking. At other times we could concentrate on our abdominal muscles, and so on. Numberless ways will suggest themselves to the man for whom this article is intended, and the results will be most gratifying, and make some compensation for the Physical Culture in which he is not able to indulge.

Good Morning.

EVERY morning is a good morning to one who is feeling well. There is no such thing as bad weather. There are no blue Mondays or gloomy Sundays to anyone who is living the right sort of life.

The good cheer of health, combined with a pure life, serves to turn every morning into a good morning and every evening into a good evening.

The best way to wish anyone good morning or good evening is to set before them the example of right living, for it is through right living that good morning and good evening come.

It is of no use to say grace over a badly cooked meal. The grace will not make it agree with the stomach. There is no use to say good morning or good evening unless we do the things that will make good morning and good evening. It is, indeed, a good morning for anyone who has done an honest day's labour at some useful employment, and has found eight hours of sound and refreshing sleep. Of course, it is a good morning when it does that. There is one thing that is needed, and that is to get right with, or to become adjusted to, Nature.

We like the weather when we are adjusted to the conditions about us. There is nothing wrong with the weather. The blame is with ourselves. The anæmic, nervous woman shudders at the touch of the spring zephyr which would be refreshing and grateful to the healthy person. The constant fear of draughts, repeated dread of exposure to cold or heat, are symptoms of bad health. If we would behave ourselves as well as the weather does, there would be no cause for complaint. It is refreshing to come into the presence of the man or woman who can honestly say good morning, good afternoon, good evening—who can say it in such a way that you feel that they mean it.

Good feelings are contagious. An excess of vitality is catching. Good humour, that bubbles over, that cannot be restrained even in the presence of uncongenial company, is wholesome and healthful.

Good, red blood is conducive to good manners, good morals and good morning. Any person who can honestly say good morning has had a fairly decent sleep the night before. A hearty good morning is a certificate of clear conscience.

The devotee of sensuous pleasure has rarely the honest right to say good morning. There are no good mornings for him. Dissipation has soured the atmosphere and poisoned the sunrise for him. If he says good morning at all, he lies. It is merely a perfunctory remark. His languid manner and icy touch expose the falsehood covered by the words "good morning."

Good morning is the sequel of good behaviour. The price one pays for a real good morning is a good day's work. Good sleep, early to bed, up early in the morning—then, indeed, it is a good morning.

THE ATHLETICS OF THE ITALIAN TOMMY ATKINS.

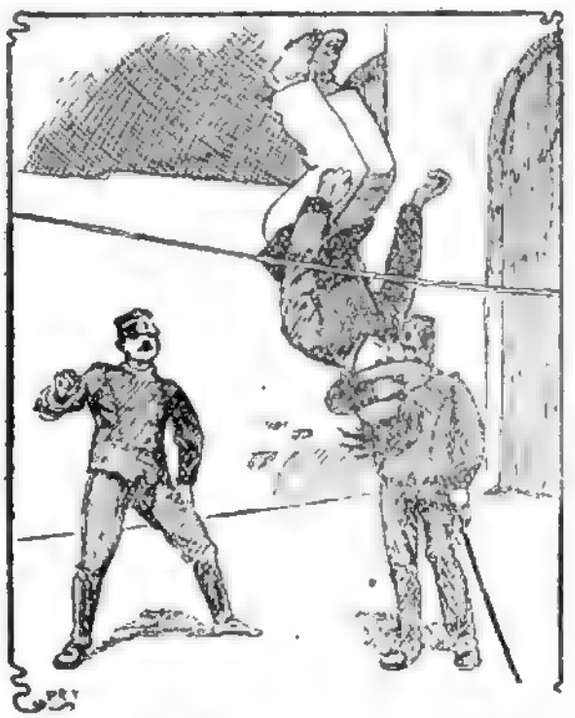
By "Tribuna."

THE standing army of Italy is a curious body, and many are the strange customs of the 330,000 conscripted men who wear the royal uniform for a penny a day. The soldiers come from all parts of the kingdom, and that there may grow a more united Italy an effort is made to mix the recruits from North, South, and Central Italy. This means that the regimental sports are widely diversified and include the sports of the nation.

The officers of the Italian Army differ in standing with the five arms—infantry, cavalry, artillery, engineers, carabineers. The cavalry officers are the aristocrats, and are received everywhere. Their regiments take the name of the region in which they were first recruited, as Aosta Cavaliera, Novara Cavaliera, etc. The sporting blood of the army is found in a greater degree in the cavalry arm than in any other. The officers take great interest in the games of their men, organise horse races, paper hunts, steeplechase runs, and other contests known to horsemen.

Officers of the infantry, on the other hand, come, as a rule, from the middle classes. If they go into a new barrack town they are not received by the town society without special letters of introduction. This, of course, applies only to officers under the rank of colonel. The officers of the engineers form a still different—a studious—grade.

In all branches of the services the officers are underpaid, though with economy they can manage to live on their salaries. The scale runs thus: Lieutenants, £75 a year; captains, £130; major-generals, £370; generals, £750. Most of the barrack towns are uninteresting frontier places, and the officers gamble a great deal among themselves. The lack of things which distract attention permits the officers to give more time



View of Somersaulting over a high rope.

to drilling their men in arms and athletics.

Every regimental post has its gymnasium, its fencing hall and its open-air athletic field. Even the company posts are not without means of indulging in athletics. Indeed, without these interests, say Italian officers, there would be great difficulty in keeping the men contented. In the first place, they are not in the army from choice, but because of conscription. Then, a penny a day does not provide for much pleasure outside of barracks. Consequently the Italian soldier looks to himself and his comrades for amusement.

Though usually undersized, Italian fighting men are tough and strong out of proportion to their size. Generally, they are good gymnasts, and especially adept at springboard work. In the open court in the centre of the barracks, or in a neighbouring field, one will find a series of springboards, horizontal bars and flying rings. More popular than the high

Jumping through a hoop in full dress.

jump which the American athletes know is the high somersault, turning over a string placed at various heights and alighting on one's feet. The soldiers are clever, too, at jumping head first through a hoop held out by a comrade. They shoot through the air from a spring-board, and after passing through the hoop turn over and alight neatly upon their feet. Strange as it may seem, they perform these feats in full uniform, including the wide-brimmed, high-crowned, large plumed hat of the service.

There is little "ragging" of new men, and the little that is done is not dangerous. The spirit in barracks seems to be, "Here is a new unfortunate; let us make him as comfortable as possible." If the recruit does not come up to the regimental standards of spirit or behaviour he is likely to be tossed in a blanket by a score of fellow soldiers. The Italian method of blanket tossing does not differ from that in use in this country.

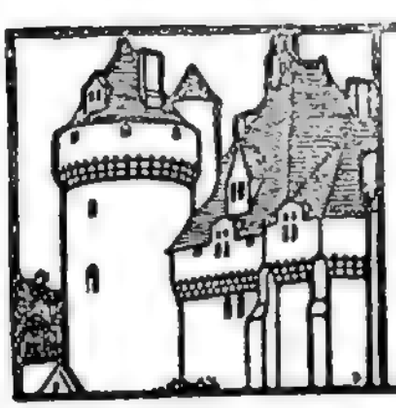
Rene Bazin, in a recent work, tells of a visit to the interesting barracks of the 27th Regiment of the line, near Bologna. The soldiers occupied the old monastery of the Servi di Maria, and the officers had a mess hall, which is unusual, for they generally dine together at a restaurant. They receive him there with much courtesy, and a drink of Turin vermouth around. "To the brotherhood of arms" was the toast which the old colonel proposed, and to the brotherhood of arms they drank. Bazin was especially impressed with the fencing hall, which the soldiers had decorated with original military motifs.

It seems that the 27th was a particularly fortunate regiment, for barrack life in Italy is usually rather sordid. The dormitories, more often than not, are overcrowded, dirty, and full of vermin. The men are allowed only one bath a week, and then three or four men use the same water. The rations are deficient in both quantity and quality, and there is much complaint, except from the half-starved Southern peasant, who finds the food better than he had at home.

This necessitates a somersault, too.

A LADY'S FOOT.—At the last meeting of the Surrey Medical Practitioners' Association, held at Croydon, great amusement was created by the production of a plaster cast of a lady's foot 16 ins. in length. It would be interesting to know how many ladies have such immense feet—and how many bootmakers could supply a pair of boots on demand of such a size.

THE EDITOR (EUGEN SANDOW), *in one of his Poses Plast ic*



"PELOTA."

Spain's Exciting National Game played at Olympia.

"PELOTA," which is now being played at Olympia by a specially selected team, is the game of all others that the Spanish-speaking people enjoy. It ranks next to bull fighting with the people. In Spain, Mexico, and the Argentine, the fortunes of the "Pelota" player are followed with even more intense interest than is bestowed on a famous footballer or cricketer in England.

The reason of this is that almost every spectator has backed the particular team or player that he fancies to the very last peseta he can raise. Every good or bad stroke has, therefore, a distinct money value to the spectators, who grow as excited as if they were attending an election meeting. As a result of the turbulent scenes at contests the Spanish authorities have had on many occasions to close the "Pelota" courts.

The characteristic point in "Pelota" is the instrument with which the ball is caught and returned to the playing wall. This is called a "chistera," and is a contrivance of basket-work fixed on to the player's right hand by means of a glove; it is about thirty inches long and five inches broad, curved forward almost to a right angle, and having a flange at each side which aids in the retention of the ball.

"Pelota" is played against a wall 30 feet high and 60 feet wide, the length of the court being 250 feet, and the width 55 feet. Each side consists of three players—a right wing, a left wing, and a back.

The game is interesting to watch, the strokes being wonderful in their pace and accuracy. The catching is marvellous, the ball being judged through its fifty or sixty yards' flight to an inch. Whether the ball comes to the right or left hand, the "chistera" is always there to receive it.

Signor Luzzani, under whose direction the team is appearing at Olympia, is enthusiastic about the game, and is anxious that the British public should take it up.

The professional "Pelota" player is well rewarded for his services, one of Signor Luzzani's men having recently accepted an engagement in Mexico, where he is getting a salary of 3,000 pesetas (£100) a month for a season of eight months.

It is a little doubtful if the game does not take up a little too much room ever to become popular in England, but it is certainly a good game to watch.—*Evening News.*

THE BEST COLD CURE. — The hot foot-bath should not be allowed to become old-fashioned as a remedy for cold—especially a cold in the head. It must be properly given to be effective. The patient's body should be well covered; the receptacle for the water should be deep and preferably narrow, for the higher the water reaches up the calves of the legs the better. A heaping teaspoonful of mustard should be added, and the feet should go into the water as hot as can be borne, fresh water being slowly added as that in the bath cools. The whole process should last from twenty minutes to half an hour, and, during this time, a glass of hot water or lemonade should be slowly sipped. When the feet are removed from the water, five minutes' attention is needed from a second person, as it is most important that the feet should be quickly dried, and the patient immediately covered up very warm, preferably with a hot bottle to the feet, in order that the profuse perspiration, which is the principal result to be desired, should not be checked. If this process is faithfully carried out, a cold will generally be much relieved by next morning.

—LATTER-DAY DEBILITY.—

By H. C.

IN spite of a thousand ingenious devices for safety and comfort, in spite of the attention devoted to personal hygiene, it is rare, in the present day, to find an instance of that rugged health which, fifty years ago, was so common a possession. So that, although in those sections of the world where sanitation is practised deadly epidemics are practically unknown, it is safe to say that, on the whole, the sum total of physical health is little, if any, greater than it was fifty or one hundred years ago.

MODERN DISEASES.

Diseases of an acute type are less common now than they were then; but, on the other hand, diseases of a milder type, chronic disorders, and more especially weakness and debility are much more prevalent now. The unthinking optimism of the day will lead one to contradict this statement. That is easy. But facts and figures are corroborative. Moreover, the personal experience of any one whose memory goes back fifty years will endorse the statement that while certain forms of acute infectious disease are much less common now than formerly, yet general weakness and disorders, particularly nervous disorders, are much more prevalent now than half a century ago.

CASES OF MODERN DEBILITY.

The reasons for this state of things are complex. They may, however, be summed up in a word by saying that the conditions of modern civilised life are such as to undermine the physical energies and lower the vital resistance.

A full examination of the causes of latter-day debility would be impossible in the space at my command. I believe, however, that when we consider the habits of modern men and women as to dress, diet, indoor living, intense application to business, professional or social activities, worry, and last, but not least, when we note the effect of the Zeitgeist, or spirit of the age, upon the present generation, we find abundant cause for the prevalence of those peculiar forms of weakness and nervous derangement which latter-day debility assumes.

CLOTHING.

A careful examination of the garments worn by men half a century ago will show that those garments were so fashioned that there was little or no pressure upon the back of the neck or about the chest. The far-reaching and disastrous effect of pressure upon those parts of the body cannot be overstated. One of the immediate causes of modern weakness is the coat collar pressing upon the back of the neck, thus dragging the head forward and destroying the bodily poise, and the waistcoat, fitted tightly over the contracted chest, interfering with the normal breathing, expansion, and curtailing the supply of oxygen.

FOOD AS A CAUSE OF WEAKNESS.

Conventional modern diet is but poorly adapted to provide material suitable for the upbuilding of some tissue. The average menu consists of dishes selected entirely without reference to their usefulness as food, but entirely on a basis of palatability. With increased skill in cooking and facilities for obtaining a large variety of foods, the old fashion of meals consisting of a few simple, wholesome dishes has been replaced. Complex, highly seasoned dishes mean starved tissues, and starved tissues are among the most important causes of latter-day debility.

OXYGEN STARVATION.

Modern ingenuity gives us air-tight walls, air-tight windows, steam-heating systems, hot-air furnaces and gas fires. In the old days the open log fire or the open coal grate created ventilation, but now we sit in steam-heated rooms, and are at once starved and poisoned, starved for oxygen, the most important of all

the foods, and poisoned by the carbonic acid of our own making. Indoor life, with the lack of ventilation, may be counted among the causes of the prevalence of modern weakness.

And then the work. How hard we work, we moderns! They had no conception of it in the old days. In those times the man went to his work—his field, his shop or his office—did the day's work and came home pleasantly fatigued. He had enough energy to digest his evening meal and to get through the evening without stimulating himself with black coffee, cigars, or alcohol.

A HALF-CENTURY AGO.

Fifty years ago the conditions of life, whether hard or easy, were free from the feverish elements of unrest, fierce competition and their inseparable anxieties which distinguish the life of the present day. This peculiarity of modern life (it may be called in one word hyper-excitability) permeates every stratum of society, from the man who digs the cellars to the man who juggles with the price of wheat—from the lowest kitchen-maid to the society woman, whose life is one strenuous fight for precedence and

A READER SENDS THIS PHOTO OF AN EASTERN SNAKE CHARMER.

social power—all is a struggle. The atmosphere — commercial, professional, social—is surcharged with nervous excitability.

THE MODERN CHILD.

The modern child is born into this atmosphere. At home, at school, on the playground, even in the childish social functions it is the same. Competition—the effort to get that which someone wants—competition for precedence over the fellows whom he should be taught to love—the thrill of conquest or the chill of defeat—these experiences crowd the day of the modern child. The life of the average child is filled with excitement, and of all stimulants protracted excitement is the most injurious.

Few adults realise the chilling suspense, the suffocating joy, the deadly despair, which are every-day experiences in the life of the child—few remember. Yet they wonder that so many children of the present day are delicate. The robust father, taught in the village school fifty years ago, wonders why his son, fed for twenty years on a diet of fire and ice, should lack force and calmness and the physical vitality which is the basis of force and calmness.

THE CHILD'S PASSIONS.

Is it any wonder that the child, born into an atmosphere pregnant with excitement, trained to intense effort through incessant appeals made to his most selfish passions, candy in the nursery, prizes and marks in the school—is it any wonder that he should develop into a neurotic, irritable, passionate, selfish, unconscionable, weak in morals, weak in physical vitality? Even if he is the one in a hundred whom people call "successful," is such "success" worth the prize?

FALSE IDEAS OF SUCCESS.

The answer may be stated very simply. It is because within the last fifty years the world has become idolatrous. They are worshipping strange gods. They desire wealth, temporal power, precedence—things which each can possess only through the loss of his brother. They do not realise that the things they desire are not worth having—that they never satisfy. So they struggle, the

stronger destroying the weaker, until at last only the strongest are left, the rest having been destroyed in the fierce competition which ruins both health and morals.

THE NEUROTIC TYPE.

The conditions of modern life, the hard work, the worry, the nerve strain, the food, the clothing, the indoor living, and the destructive methods by which pleasure is sought (pleasure which, with a fine irony, is called recreation)—all these conditions of our strenuous modern life produce a distinct type of human being whose intellect is preternaturally acute, but whose moral nature is abnormal, and whose vital resistance is so lowered as to make him one of the vast army of those suffering from latter-day debility. Only by the utmost care can he withstand the powerful and insidious influences by which he is surrounded.

LIFE IS FULL OF TRAPS.

Life is like a trackless wilderness filled with traps. The craze for wealth, the desire for precedence, power, adulation—the love of sensual enjoyments—all these are traps into which the unwary fall.

And the outcome?—a right mental attitude. Truer ideals, the ambition to be rather than to seem or to have. The desire to be true, to be strong, to be fine, to be sympathetic toward all of God's little children—the desire to realise the highest, the best in one's own self—the desire to earn a little and to live on less—all these are true ideals. They can be attained without depriving our fellow beings of their rights or possessions.

THE HOPE FOR THE FUTURE.

In these ideals, and in the few but increasing number of people who hold them, is the hope of the race. They are the fit who will survive. The others—those drunken with life's excitement, weakened in morals and in body by the intense struggle for material things—they are the unfit. The mark of that unfitness is the condition of hyperexcitability which is distinctive of our age, and which may be called latter-day debility.

DONALD DINNIE
(The famous Scotch athlete).
(From a rare photo).

A man is king or slave every moment of his life. He is either conquering or being conquered—victor or vanquished. Either the man or the brute is always on the throne. When the man steps down the beast steps up.

I must say your magazine has improved in leaps and bounds these last few months, and I think every reader will agree with me that there is not a better magazine of health and Physical Culture on the market than SANDOW'S MAGAZINE in its present form, as a bright, interesting and instructive publication.—"ADMIRER," BOLTON.

FROM WEAKNESS TO STRENGTH. By a One-Time Weakling.

"The Glory of a Man is his Strength."

BUT how many there are who will not accept this great prize when it is placed within their reach. Some, from the cause of indolence, fain would not rouse themselves, content to remain just as they are, barely ordinary mortals. Others, from the reason of inherited weakness, muscular or nervous, feel unable to lift themselves from the despondency of mere nothingness to a brighter and more useful sphere.

It is to all—strong and weak—that I would tender useful advice, together with an outline of how I myself was, by the grace of a higher power, enabled to exchange my nervous weakness for strength and vigorous health.

I do not claim, at the present time, to be a Sandow or a Samson, but I can honestly say that I have reached that degree where satisfaction at years of successful progress has become my most treasured possession.

We live to-day in a century of continual bustle. The wear and tear of modern life weaken at times the strongest. Therefore, it is to the advantage of all to strive and obtain that degree of physical perfection which breeds sound health and strength, both mental and physical. The opportunity to compete successfully among the best will then be possible.

Now to the point of how I trained myself from weakness to strength.

Up to the age of 16 years I was very delicate, frequently catching cold, imperfect in physical development, and of a very nervous and excitable temperament.

I had always been fond of reading, and one day came across a book on health culture, written by a well-known expert. Its contents imbued me with the ambition to become strong. I must admit that my first steps to attain the desired goal were rather rash. Not having accustomed myself to baths, I immediately went in for the cold plunge before breakfast. The more rational course would have been to have started with the tepid bath, then a cold sponge down, and in time progressed to the full plunge. It was a very cold winter when I first started to train, and I was lucky not to contract any ill-effects either from bathing or sleeping with my bedroom window open, wet and fine.

Within the space of a few weeks I felt much better.

Dumb-bells, combined with rope-climbing and trapeze work, were my first exercise ventures.

In time I went in for all sports, and derived immense benefit. At 18 years of age I started weight-lifting—just seven years too soon. No one should commence the lifting of weights before their bones are set, which is at about 25 years of age, though I must admit there are exceptions to the rule, who escape serious injuries resulting from overstrain, etc.

My methods of weight-lifting were altogether wrong. I started to lift weights which I could barely jerk up six times, ignorant of the fact that the most suitable weights for practice are those which can be pressed from the shoulder (easily) six to eight times. Several strains and accidents retarded my progress considerably, but still I persevered, and with a certain degree of success. At 20 years of age I could lift from the ground to straight above the head 112 lbs. with either left or right arm; with two hands my lift was 130 lbs. I do not claim these lifts as records (far from it), but I think that they demonstrate, in a small measure, what Physical Culture is capable of accomplishing, considering that at 18 years of age I could barely lift up above my head (with a slow straight press from shoulder) 20 lbs.

My measurements at 20 years of age were:—Chest (natural), 38½ inches; chest (expanded), 41 inches; neck, 14½ inches; right bicep, 13½ inches; left bicep, 13¼ inches; right forearm, 11⅜ inches; left forearm, 11¼ inches; right wrist, 6⅞ inches; left wrist, 6¾ inches; waist, 28½ inches; right thigh, 21½

inches; left thigh, 21½ inches; right calf, 14 inches; left calf, 14 inches; right ankle, 8¾ inches; left ankle, 8¾ inches; height, 5 feet 8½ inches.

Possibly a few notes upon my favourite exercises will prove of interest. The first three, for the abdominal muscles, are a certain cure for indigestion, though to be undertaken with weights (as I have here described them) will not be suitable for those who have not been accustomed to really vigorous exercise. Beginners should practise them with very light dumb-bells at first, and then gradually increase the weight as they gain in strength.

THE AUTHOR.

This is how I start—

No. 1—Lying flat upon the ground, with arms fully extended beyond my head, I grasp a bar-bell of about 80 lbs. in weight. With a strong movement I bring the bell forward until it rests on my chest. Still grasping the bell, I rise to a sitting position, taking care to keep my legs perfectly stiff upon the ground, then reverting to first position. I generally repeat this exercise 20 to 30 times.

No. 2.—Now I reverse the movement by tying upon my feet two 10 lb. dumb-bells. Keeping knees perfectly stiff, I bring my legs to a similar position to that which my body occupied in No. 1.

This I repeat for a few dozen times, at intervals varying the movement by bringing my legs towards chest, similar to that which the legs perform in swimming upon the back.

No. 3.—I stand perfectly upright, then bending down I grasp the 80 lb. barbell, and, with a powerful movement, swing it to arms' length above my head, taking care to keep arms perfectly straight. Then lowering bell until the bar of it rests upon my shoulders behind head, I move my hands along until they reach the furthermost ends of the bell. Keeping arms and upper part of my body quite stiff, I bend alternately from side to side 50 to 60 times.

This is a magnificent exercise for the oblique abdominal muscles.

No. 4.—Upon a small pair of parallel bars, of my own construction, I perform the movement known as dipping. Standing between the bars, with a hand on each, I straighten my arms, which bring my feet clear of the ground. I then double up knees, and, bending the arms, lower my body until elbows are in a line with the shoulders. I then push up to first position. I repeat this 50 to 60 times. This is a most excellent exercise for developing the pectoral muscles of the chest and triceps of arms.

No. 5.—I fix up a long rope, the bottom part of which is strapped to the floor at a slight angle. From a sitting position upon the ground I start to climb hand-over-hand to the top, keeping my legs straight to the front, only hands touching the rope. I repeat this exercise four to six times without resting. It develops the bicep muscles of arms as no other exercise can.

Now, after so much about myself, I will start with advice to those who desire to cultivate "Real Strength." Not the strength which is purely muscular, and displayed by enormously developed muscles, but the genuine strength which is constitutional as well as physical.

RULES FOR HEALTH.

Sleep upon a fairly hard mattress, with just enough bed-clothing to retain normal heat.

Recline upon the right side.

The bedroom should be well ventilated.

Seven to eight hours' sleep is sufficient for the healthy. Nervous persons require more—eight to nine hours.

The teeth should be cleaned at least twice a day.

Drinking a glass of cold spring water first thing in the morning, and before retiring at night, is an excellent tonic.

A good brisk walk or dumb-bell exercise before breakfast should never be neglected.

The cold bath first thing of a morning is of the utmost importance, and, providing vigorous rubbing with rough towels accompanies it, cannot fail to brace up the system.

Gymnastics are good if taken under the supervision of an experienced and considerate instructor, otherwise the danger of overdoing it is ever present.

Late hours, tobacco, beer, and injurious excesses must be rigorously avoided.

Medicine is of the least importance. Good blood is made from food, not from physic.

The bowels should be kept open by the generous use of ripe fruit.

As to food, a combination of animal and vegetable is the best.

Eating to repletion should be guarded against.

Early rising is of great importance.

Nervous and dyspeptic troubles will yield to fresh air, exercise, plain diet, and temperate living more quickly than when drugs are employed.

I would advise all who wish to become strong to cultivate patience. Rome was not built in a day, and to obtain "real strength" takes time.

We cannot all become Sandows. Nature debars many from moving beyond one certain point. If she is rushed beyond her limits injurious effects will result.

Be careful of overstrain. Go slow is my advice to all, and if the rules I have here laid down are faithfully carried out health and strength will result, providing no actually deterrent organic disease is present.

The Ministry of Pain.

ITS VALUE AS A WARNING OF DANGER TO BODY AND MIND.

By JAMES H. JACKSON.

SENSE perception may be said to include sight, smell, taste, hearing and feeling. The sense of feeling is peculiarly complex, and is, as it were, sub-divided—the subdivisions comprising the sense of touch, of temperature, weight, density, and pleasure or pain.

There are many physiological methods by which sensory nerves are stimulated. The application of electricity, mechanical irritation, and certain chemicals produces the physiological function in most instances. Especially is this true of the sense of feeling.

What is pain? It may be defined as that sense given to man chiefly for the purpose of protecting him from adverse, unnatural and unphysiological influences. This is its office or ministry.

Pressure on any part of the body, sufficient to cause pain, might be destructive to the tissues of that part if there were no warning of the unnatural condition. Lacking the sense of pain, the body might be burned, frozen, cut, or bruised to the point of mutilation without discovery. Pain is a vital protest against disease. It is lack of ease in any given organ or structure of the body and is usually manifested in direct ratio to the cause. Should there be less pain under adverse circumstances than would seem natural, it may fairly be inferred that there is a lack of vitality, either general or local.

The ministry of pain, then, is to warn us that we are out of harmony with God's laws.

Can there be any sense more valuable than this? The other senses, as a rule, add more to our pleasure than they detract therefrom, and so give us a feeling of comfort and satisfaction in possession. But this sense that warns us of lack of correspondence to the Divine will—what do we not owe to it? Imagination can hardly portray the blessings which flow from this source, especially if also is included the realm of the soul. And yet, how few, if any, of us are consciously glad and grateful that this sense of pain exists! We are glad when pain is not present, but not glad when we suffer. And yet, paradoxical as it may seem, we should be thankful for suffering. Expiation has a mighty influence in developing character and in helping us to a knowledge of ourselves and our needs.

From the medical standpoint, it sometimes seems as if both physicians and patients are too much afraid of pain. Patients cannot understand how there can be any use in bearing it, and they generally lack the moral enlightenment which would make it welcome as an educator. Then, too, how few physicians encourage their patients to endure until nature restores harmony, but, instead, make haste to "give something" that will alleviate.

Pain has a ministry in rousing vital force or in calling the attention of vital consciousness, if not of conscience, to the fact of inharmony, of disturbance in the physical economy through violation of physiological law. In this way it directs vital energy to the point of disturbance.

It is a fair question whether, in abolishing pain through drug interference, we do not prevent a true recognition on the part of the vital instinct, and, therefore, lessen the chances for a real cure of the malady. Pain ought, in itself, by its very presence, to be the

best promoter of cure. For, as all cure is wrought by vital force and not by drugs or so-called remedies, these being only stimulants to the direction of this vitality, so pain more naturally stimulates vital effort to curative results.

In certain pathological states suffering may be so severe that the endurance of it would cause more injury than the effect of some drug, which, in itself, is detrimental to health. But in the majority of cases the remedy is worse than the disease.

Pain rarely kills, nor does it exhaust vitality as seriously as many imagine. This is evidenced in cases where life and strength are maintained for years under almost constant suffering. One point I would emphasise is this, that the pains and aches which appear in connection with the treatment of chronic disease should not be too quickly alleviated, since there is reason to believe that this form of suffering is oftentimes critical; that is, it is due to vital processes at work for the restoration of normal conditions. If one sits in such a position as to check the circulation of blood in a limb he may be entirely unconscious of the fact until, by change of position or an extra vital effort, the circulation is restored, when a sense of discomfort or even of suffering is felt. In the same way various structures or organs of the body, long subject to unnatural or diseased conditions, on coming to life, as it were, under nature's efforts directed to the parts, or because of treatment given by the physician, become the seat of pain. Such disturbance and suffering it is unwise, in most cases, to check or subdue by special measures, and particularly by the administration of drugs, for, by so doing, the very result most desired is many times changed and retarded. It is always wiser and safer to find and remove the cause, if possible; then, if the condition is curable, the pain and the disease will ultimately and inevitably vanish.

Ill-health is not often caused by pain. As a rule, pain is the result of ill-health, and to get rid of a result without removing the cause is merely to afford temporary relief or to give a new direction to the physiological disturbance.

Nature will always protest against evil conditions, and if her effort to remove evil, which effort may be attended with pain, she is checked in her intentions, she is liable to move in another direction, creating disturbance in some new location, which, possibly, even probably, may be worse for the individual. They are wise who heed at the outset the warning lessons of pain.

His Health.

By JOHN LUDLOW.

At twenty-five, Elisha Pratt, regardful of his wife,
Essayed to place a bundle of insurance on his life;
But when the doctor sagely cocked his scientific ear,
He solemnly assured him that his heart was out of gear.

At thirty-five he tried again to get the precious scroll,
For now the weal of five young Pratts absorbed his yearning soul;
But when the leech explored his chest with stethoscopic skill,
He solemnly assured him that his lungs were very ill.

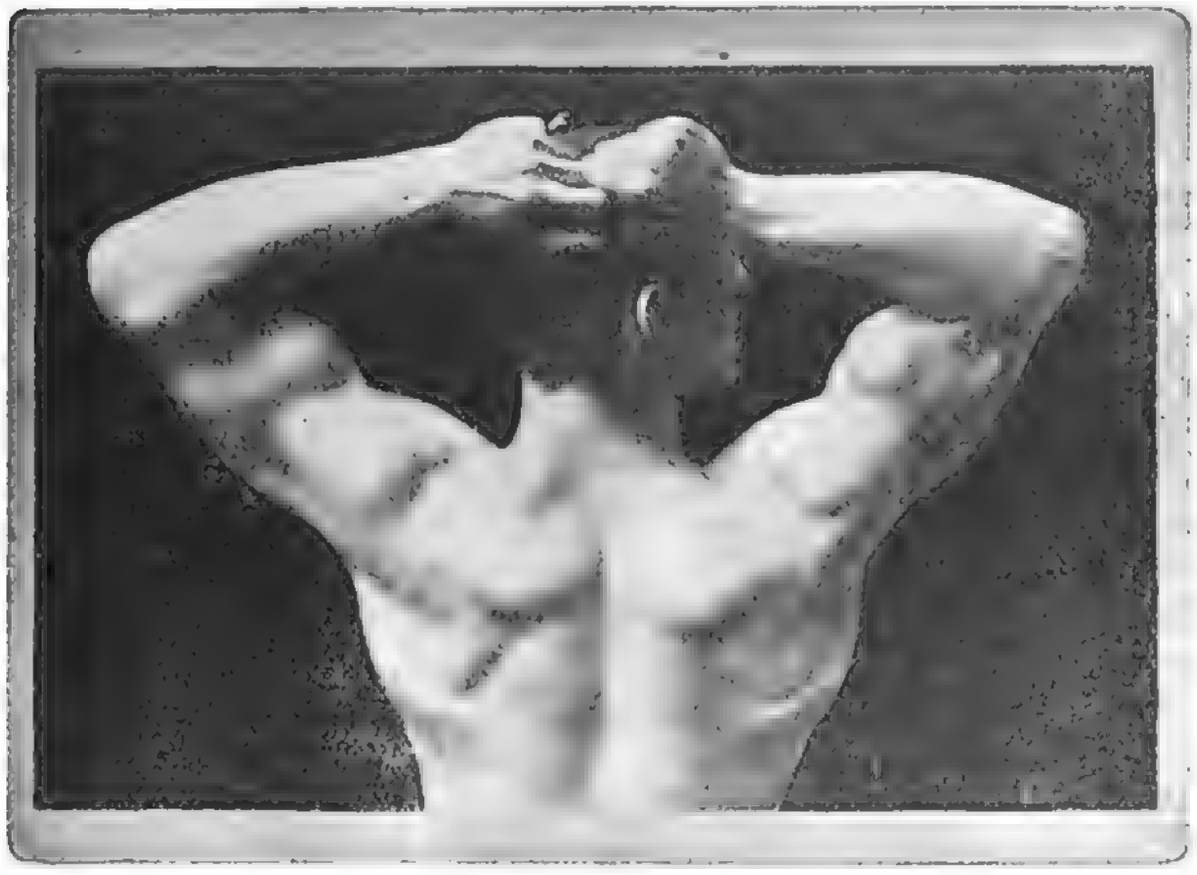
At forty-five Elisha—most persistent he of men—
Made yet another effort for his nursery numbered ten;
But still the doctor's wise report had one rejecting clause,
Which solemnly asserted that his liver was the cause.

At fifty-five he hoped at last to beat the barriers down,
For five more helpless Little Pratts had meanwhile come to town;
But rigid Science mocked his plea and scorned to let him through,
And solemnly asserted that his kidneys wouldn't do.

At sixty-five paternal love prevailed on him once more,
To try to stake his golden claim of good post-mortem ore;
But once again the doctor's frown made poor Elisha wilt,
As solemnly he stated he was dropsically built.

And yet he bravely nursed his hope, and kept the flame alive,
And made a final rally at the age of seventy-five;
And in the doctor's sapient brief the truth at last was told,
For solemnly he stated that he really—was—too—old!

Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.—EMERSON.



THOMAS INCH (the well-known Physical Culture Instructor).

THE MONEY FACTOR IN SPORT.

THE art of boxing is of itself an exhilarating and developing sport. It hardens and trains all the muscles of the human body in a more effective way than perhaps any other exercise. So, also, is training horses for speed perfectly legitimate and useful. The horse can be taught to trot very rapidly or to run, and thus developed to a high state of usefulness.

Both these things are right in their place. They only become mischievous when they are associated with contests for money. The boxer would never become a prize-fighter unless he were tempted to do so by fabulous sums which he is liable to receive. Training horses to trot or run would never become horse racing except for the money that is in it. If horse racing and boxing could be confined to their legitimate functions, they would both be useful recreations. Even friendly contests which have no monetary gain behind them would be admissible, but when thousands of dollars are to be lost or won in a single hour it ceases to be harmless and helpful.

All that it would be necessary for the legal authorities to do would be to forbid all physical contests to be given for money. Neither horse racing, nor wrestling, nor boxing, nor football, nor any other athletic sport in the nature of a contest should be allowed to derive any monetary profit from their exhibition. This would keep the matter where it belongs—pure, innocent sport. The professional athlete, the professional boxer, the professional horse jockey, the professional footballer and cycle rider would be no more. All these things would be done for the love of it, and the wicked, unwholesome strife which attends such affairs would be removed.

The trouble with the prize-fighter today is the same old story, a greed for money. Take away the possibility of

gaining large sums of money and neither Rublin nor Jeffries would ever have been heard from. To be sure, they might have learned to box, and it is barely possible that, in a friendly way, these two men might have met in a physical contest, but with the money question removed the affair would have been so tame and commonplace that no one would have cared even to give it a newspaper report.

First, we have an abnormal taste developed by the education we have given our young men. Physical heroes of some sort have been held up before them as objects of emulation and interest. This has developed an abnormal desire to witness contests of physical prowess and endurance. They are willing to spend almost any amount of money to see such things. This has created an abnormal demand for gladiatorial exhibitions quite out of the proportion to the advance of civilisation in other respects.

With this vast amount of money within easy reach of anyone who will furnish these exhibitions a great temptation is raised for brutal men to fit themselves to furnish the public that sort of amusement. This is the genesis of the prize fight. We have unconsciously furnished the conditions for these things to flourish. It will take a great deal of vigilance and cost a great deal of money to prevent them so long as these conditions prevail.

It is the thirst for money which has degraded the manly art of boxing to the brutal practice of pugilism. The eagerness to get money has not only degraded boxing, but it degrades everything else it touches. There is no vocation in life that the greed for money will not degrade. Useful and legitimate business changes into highway robbery as soon as a man forgets his honour and thinks only of his receipts. Money has not only changed the scientific boxer into the degraded pugilist, but it changes the statesman into a demagogue, changes the reformer into a rogue, changes the pious into pharisees, and changes the minister of the gospel into a manager of an ecclesiastical machine. Everywhere the love of money touches it blights, and not only have innocent sports been contaminated by it, but all human activities are liable to be dragged down by it.

Causes and Effects.

Health of the body—Cheerfulness of the mind.

Hardening of the body—Manliness of mind.

Strength and skill—Presence of mind, courage.

Activity of body—Activity of mind.

Fine development of body—Beauty of the soul.

Acuteness of the senses—Strength of the thinking faculty. —DR. WERNER.

THE AUTOMOBILE SHOW.—The fifth Automobile Show will be held at the Crystal Palace from the 26th inst. until February 3rd inclusive. Probably no other building in the world furnishes a better opportunity of presenting goods in a more picturesque form than the Crystal Palace. A very important feature will be the Trial Runs, which will take place in the extensive grounds—some 200 acres in extent. Here would-be purchasers will have every opportunity of testing the merits of the various cars and motor bicycles, and, as the Motor Car Act does not apply within the Palace enclosure, customers may take a turn at the steering-wheel themselves if they so desire. Also in the immediate neighbourhood are hills with gradients from one in six and a half and upwards, and with varying surfaces. These roads are practically free from traffic, and consequently give splendid scope for testing a car's hill-climbing capabilities. Another interesting feature will be the exhibition of Motor Boats; eleven firms showing the new craft, and accessories in connection therewith. Here again those interested in motor-boating will have opportunities of practically testing the mechanism, the speed, and the comfort of the appointments of these up-to-date "ships." For this purpose the large lake in the grounds, measuring 300 yards in length, by 15 yards in width, is at the disposal of visitors. For the fifth year in succession Mr. Frederic W. Baily acts as secretary and manager, and no pains have been spared by himself and staff in the preliminary work of making the 1906 show a complete success.

THE NEW HERCULES.—The London Pavilion bill will be further strengthened on Monday next by the appearance of "Strongfort," who for the past few weeks has been astonishing vast audiences at Olympia. It is said that Rome in her palmiest days never possessed a more perfect specimen of manhood. Nature has endowed him with the strength of a Hercules and the physical beauty of Apollo. The Berlin National Art Gallery possesses his marble statue, modelled and erected at the request of the German Government by Prof. Louis Tuaillon, the famous sculptor of Rome. A marvellous feat of lifting a dumb-bell weighing 312 lbs. with one hand above his head at arms' length is one of the chief features of his "turn," and this he defies any other living man to accomplish.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto.

and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Re **Fellowship Medals.**

[These are promised by the makers to be ready shortly. Their design and quality will, I am sure, afford the utmost pleasure and satisfaction to fortunate recipients. They are of a size which will make them suitable for attaching to a watch chain.—The EDITOR.]

"Doubting" Friends.

"Ardaghville," 24, Ardfillan Road,
Hither Green.

DEAR SIR,—The motto of your splendid magazine, "A sound mind in a sound body," is a grand one, and if we would only strive to obtain the first we should undoubtedly prove the second. For some year or two I have been a follower of your system, and am now daily carrying out your developer and dumb-bell exercises, and have found and am still finding great benefit therefrom. Some of my friends have not seen the subject in the light I have; so I am striving to instruct them by inducing them to come to my home and carry out the exercises on my developer. I am of opinion that if all your admirers would endeavour to get their "doubting" friends to come and have a "go" (pardon the word) with their apparatus, this would do far more good to the cause than so much talk about "weight-lifting capacity," etc., etc., as after all, the weight-lifting feats are only the results of the steady, constant exercise with developer and dumb-bells. My little boy (aged 3) is a sturdy little chap, and I am giving him instruction with very light dumb-bells and leg and chest exercises. What a grand thing if we, as physical culturists ourselves, can only bring up the coming generation robust and healthy, in place of the so many now so-called men. Writing this in the hope that some of our club members will benefit thereby, I am, dear sir, your admirer and supporter, FRED. C. CREASY.

One May Help Many.

Livingstone Road, Gillingham.
December 27th, 1905.

SIR,—It is said that a man will clutch at a straw to save himself from drowning; just so do I desire to lay hold of the opportunity such as is afforded me by the letter of your correspondent "Novus Homo" (in *Rochester Journal*), for writing briefly upon that limitless subject—physical culture. We are the soul or self—that invisible creation of God in which He Himself should dwell. The body is the temple of the soul, and is made in the image of God.

It is as much our bounden duty to God as to our neighbour (and selves), as taught in the Catechism, that we should keep our "body in temperance, soberness, and chastity," and, moreover, in a state of physical perfection. I will not encroach upon your valuable space with bemoaning the existing state of the national physical deterioration, but will endeavour to prescribe a simple and natural remedy.

"Novus Homo" makes mention of a bill having been placed in his hands, and which, I imagine, bears upon the subject of this letter. Herein is one of my own for comparison. I am working unceasingly to establish a school and club of physical culture in our midst on a large scale, and to this end am offering awards in open competition to those showing the most satisfactory development when enrolling. All profits realised by the event will go to defray the hiring of a hall for a mass meeting of those enthusiasts who contemplate patronising the school when open.

Having devoted five years to a minute study of the body (and I am not seeking to advertise myself here) I feel that perhaps I know what I am writing about. I have trained scores of young men, and continue to do so, but to no advantage to myself, having profited not so much as to the extent of a penny. My reward lies in seeing others elevated to a standard of physical, mental, and moral betterment, and, above all, robust health.

I appeal with all earnestness and sincerity to your young readers, begging them, for their own sakes, to enlist in my army for the uplifting of the nation's physique, to enter for my contest, and thus hasten the day which shall find us gathered under one roof, being all of one mind and striving to attain to the goal of glorious health and strength. "Who is on my side, who?"—Yours faithfully,

HENRY S. HOPKINS.

Value of Physical Culture in Cross Country Running.

Lea Hurst, Nottingham.
Jan. 6th, 1906.

DEAR SIR,—*Re* the Sandow System and cross country running, I do not remember ever to have

seen this subject mentioned in your magazine, and I should like to say how great an aid the Sandow System is in connection with cross-country running. I have been an admirer and follower of Sandow since I was 16, being now 21, weight, 10st. 7lbs.; height, 5 ft. 8 ins.; chest, 39 ins.; thighs, 21 ins.; calf, 15 ins.

I think cross-country running is one of the finest sports we have, seeing that it calls forth great endurance, pluck and stamina. Here, then, is the value of the Sandow System—it helps to fortify the constitution against the strain entailed. (2) It increases the lung power, so vital in this branch of sport. (3) It helps to maintain and increase the speed (contrary to general opinion, and I for one can vouch for this). (4) It generally strengthens the frame, giving staying power and endurance.

I would heartily recommend all cross-country runners to give the system a fair test, and I am convinced they will be amply repaid, as I have had the pleasure to experience.

I should deem it a great privilege, sir, to be enrolled a member of the Sandow Readers' Fellowship Club.—Yours faithfully,

A. W. BRIGHT.

Suffered from Spinal Curvature.

Upper Bean Street, Liverpool.

DEAR SIR,—I hope you will find a little space in your S.M.R.C. "chat" for a few remarks regarding your splendid system of Physical Culture. I have been a reader of your "mag." for the last three years, but never really thought about going in for it till about nine months ago.

I suffered slightly from spinal curvature, but now, thanks to your exercises, I am almost perfect. My measurements are as follows, and I am rapidly increasing.

	When I began 9 months ago.	At present.
Height	5 ft. 6¾ inches	5 ft. 7½ inches
Chest (ordinary)	34½ "	37½ "
Chest (expanded)	33 "	37 "
Neck	13 "	15½ "
Upper arm	10½ "	12 "
Lower arm	9½ "	10½ "
Wrist	6¾ "	7½ "
Waist	25½ "	27½ "
Hips	29 "	33 "
Thigh	17½ "	18½ "
Knee	12½ "	13 "
Ankle	8 "	8½ "
Calf	11½ "	12½ "

I use your 5-lb. dumb-bells and chest expander. I am 17 years and 4 months old, am a non-smoker and abstainer, and have muscles like iron. I do not consider myself good enough at present for your magazine, but will let you have a photo. of myself later on.—Wishing you and your "mag." every success.—I remain, yours,

R. DORAN.

A Lady Reader's Wonderful Physical Improvement and Her Hearty Efforts to Spread the Gospel of Physical Culture.

Ashtead, Surrey.

DEAR SIR,—I have always been a lover of Physical Culture and a student of physiology and hygiene, and, although I have possessed expanders and dumb-bells for many years, yet I never remember deriving any special benefit from them, until I read your book "Strength: And How to Obtain It," especially the chapters on concentration and will power, and followed the dumb-bell chart as regularly and faithfully as lay in my power.

With three months' home practice I improved so much in health that I resolved to join the Ebury Street School, and now after one day a week average attendance for two and a half years—and going there with an anæmic heart, indigestion, and very weak lungs, brought on by repeated attacks of influenza—my heart is now perfectly strong and healthy, digestion good, and my lungs so strong that I have made a ladies' record in the school of 369 cubic inches lung capacity, having entered at 90 cubic inches. Also, I have never had influenza since starting the exercises in February, 1903; of this I do not wish to boast, but am only thankful.

Naturally, I wished others to benefit by this wonderful system, and have introduced about sixteen ladies and gentlemen to the school, of whom ten are still on the books, and have taught breathing and other exercises to twenty children here, and now have a class of forty poor children in the Band of Hope.

Besides this, I have quite lost count of the numbers of people who have, through my recommendation, bought dumb-bells, developers, symmetrions, or expanders, and taken "postal instruction," in fact, many people in this neighbourhood look upon me as a Sandow devotee, enthusiast, and exponent.

Perhaps *some* think that I make too much of it, and am too keen, but I believe, if a thing is worth doing at all, it is worth doing well, and others who ridiculed it have been forced to confess it has done me the greatest amount of good, one old military man saying he "wants no other advertisement for Sandow."

I have taken in the magazine regularly for two and a half years, am a constant reader and occasional contributor, but do not know, as I am only a *woman*, if I am eligible for a "Fellowship Medal;" in any case, may I not say that there has been "something attempted, something done?"—Yours very truly,

(Miss) P. CRESSWELL.

[There is no distinction of sex, age, nationality, etc., in regard to the SANDOW MAGAZINE Fellowship Medal—it is open to every Reader who sends in a letter, "experience," photo., or article considered as worthy of reproduction, and as being in keeping with the Club motto: "One may help many." No one will deny that Miss Cresswell has brilliantly won hers, and I congratulate her on being the first Lady Reader to achieve the distinction.—THE EDITOR.]

A Young Example.

The Common, Thornhill, Nr. Dewsbury.

DEAR MR. SANDOW,—I have been a constant reader of your magazine for about three years,

and I have only missed getting it about three times (at the end of last year), and I am writing to tell you my experiences in the three years I have got your magazine, and what I have gained with Physical Culture.

About three years ago I was very weak indeed, and I thought I should never get strong, but one day, as I was going past a newsagent's shop I saw your magazine in the window, and I went in and got it and, as I was in the shop, the proprietor showed me a volume of your magazine, and I purchased it. There were two harts in it, so I at once got a pair of dumb-bells and followed your (and two or three other strong men's) advice, but I soon found your instructions the best. My mother and father laughed at me, and said I should not get strong, and I told them I should in time. One of my friends had a book of yours called "Strength, and how to obtain it," and he let me have it. That was about three years ago, and I have given it away to another friend. I followed the instructions, and got stronger and stronger month by month. When I started I could just press 14 lbs. above my head, and now I can lift 50 lbs. with right arm. I have not done much weight-lifting in the three years till this last six months, since when I have been at it every day when I have time to spare. Now, my father and mother say Physical Culture is the best thing in the world to get strong, and I have to thank you for my present state of health and strength. I should like to become a member of your Club. Wishing you every success,

Yours, W. G. PICKARD.

	Age 15 years, 1902.	18½ years, 1906.
Height	5 ft. 2 inches	5 ft. 4 inches.
Weight	7 stone 4 lb.	8 stone 6 lb.
Neck	10 inches	12½ inches
Chest (contracted)	31 "	37 "
Chest (Normal)	26½ "	31½ "
Chest (expanded)	28 "	34 "
Arm	6 "	9½ "
Arm (expanded)	7 "	10½ "
Forearm	9½ "	9 "
Wrist	4 "	7½ "
Waist	26 "	25½ "
Hips	30¾ "	31½ "
Thigh	16½ "	18½ "
Knee	10 "	12½ "
Calf	10½ "	13½ "
Ankle	7¾ "	9 "

Weight Lifting.
Press 50 pounds with right arm
Press 36 pounds with left arm
Press 56 pounds with both arms six times
Press 28 pounds 32 times, right arm
Press 28 pounds 18 times, left arm

P.S.—I do not think this is great, but I think it is very good, seeing I have not done much weight-lifting. I should very much like you to send me a few of your magazines to give away. I think I could get a lot of new readers for it.

[I have pleasure in publishing the above from an eighteen year old Reader as being likely to encourage other lads to persevere in a matter so important to their future welfare, as also as an "eye-opener" to those parents who are inclined towards ignorant thoughts upon the subject of Physical Culture. I am sending parcel of specimen copies, carriage paid.—THE EDITOR.]

Acknowledgment of Gold Medal.

6, Cambria Road, Camberwell, S.E.

DEAR SIR,—I was very pleased on noticing my photo. and name in your magazine as being the successful competitor for the Gold Medal in your August competition of 1905.

I can assure you I have persevered incessantly for this, having purchased practically the whole of your outfit to develop the muscles of my body in accordance with your system.

I am proud of my physique, for it shows one what benefit can be derived from your method of training by careful practice.

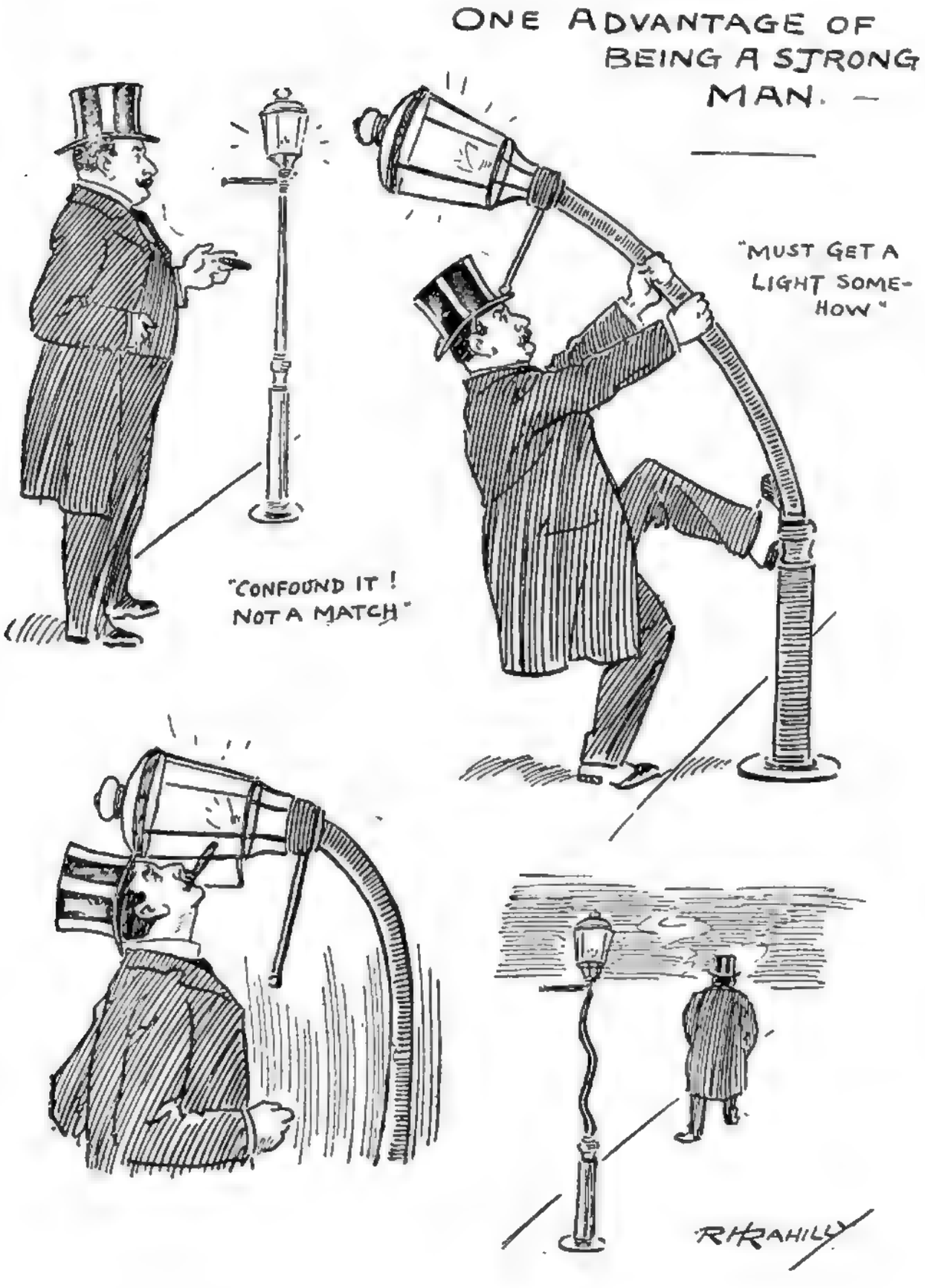
It has not only given me a fine development, but my health generally is exceedingly good, which is sure to be, subsequent to a systematical course of exercises on scientific lines.

I have been training a good number of fellows under your system (at a club to which I belong) for the last three months, and their improvement is so marked that should they continue for a like period, I have every confidence in their winning your medals, as I have done.

In a month or two I hope to be able to send you some photos., showing their development.

The under-mentioned are some of my best feats of strength, although I have very little practice with weights; I can slow press, with one hand, 130 lb. bar-bell; two hands, 170 lbs.; whilst, lying on back, can pull over 90 lbs. at arms' length, and tear one and a half pack of cards in halves, and have never yet met my equal with your chest expander.—Yours respectfully,

A. DANKS.


ONE ADVANTAGE OF BEING A STRONG MAN. —
"CONFOUND IT! NOT A MATCH"
"MUST GET A LIGHT SOMEHOW"
R. H. RAHILLY

RELAXATION AS IMPORTANT AS CONTRACTION.

WE are gradually getting a fuller knowledge of Physical Culture. The original idea of Physical Culture implied contraction (muscular) — contraction —contraction. Now, we know that alternating contraction and relaxation are the basis of the muscle that is the strongest, because it is also elastic. The contraction squeezes the blood forward, whilst the relaxation allows it to flow back. Thus circulation and nutrition are improved and increased. It should be constantly borne in mind that the most important factor in the reduction of muscular rigidity (hyperkinesis) and in the acquirement of muscular flexibility is the thought of relaxation—the determination to "let go" at all times and under all circumstances. Whatever you are doing, you will do it better by trying to do it more easily. There are people who handle a pen as if it weighed half a pound instead of half an ounce; who shake your hand as if hauling on a hawser; who manipulate knife and fork as if they were chopping down trees. Watch the average man signing his name, sharpening a pencil, even shaving, and note the immense amount of unnecessary force used in performing these simple acts.

The student should constantly bear in mind this rule:—In all movements, in all bodily activities, use the least possible amount of force necessary to overcome the resistance. This is the great secret of grace, and one of the prime secrets of health, endurance and expressiveness.

In walking allow the head, the arms and the leg (during the moment of its swing) to sway with perfect ease and freedom. In sitting, be careful that the body and limbs are so arranged that the position may be maintained with the minimum of effort. While riding in a car or carriage, let the seat and the floor have every ounce of your weight, and allow the body and head to sway easily to the movement of the vehicle. On retiring to sleep, make a distinct effort to relax all the muscles. Let those who think they are relaxed carefully watch themselves, and they will frequently find hands, brows or jaws clinched, throat tightened, tongue firmly pressed against teeth, head held away from pillow through contraction of neck muscles, and muscular rigidity at other points. It is not at all uncommon to find all these areas of tension in one person. It is most rare to find entire absence of tension in any person. This tension during sleep is one of the most injurious results of the habit of muscular rigidity (or hyperkinesis). It is the most common cause of insomnia, and always characterises unrefreshing slumber.

In the various sports and games flexibility and muscular relaxation are indispensable both to successful performance and to beneficial results upon the health of the body. In riding, the great secret is so to sit on the horse as to "be part of him," swaying flexibly with his every movement. In skating, running, jumping, swimming, dancing, fencing, even in "putting the shot," relaxation—"letting go"—is an important element. This is also true of boxing, and, to a large degree, of wrestling. The most successful pugilists of the present day are notable rather for ease, grace, and quickness than for massive muscular development. Even "hitting power" depends rather upon the speed of the movement and the participation of the body in the blow than upon muscular force. As my boxing teacher used to say: "Strike with the whole body, spring from the toes." These are simply instances to show the invariable application of the principle that the withdrawal of force (relaxation) is, in every form of activity, at least as important as the putting forth of force (contraction). The highest degree of power comes from a perfect adjustment of the two. This can be observed by carefully studying the movements of certain animals—notably those of the cat family.

WALKING AS A HEALTH TONIC.

I WONDER how many of my readers could take even a ten-mile walk—comfortably and enjoyably! The man—aye, and woman, too—who cannot pass this test is certainly not fit—and if not fit, the chances are that he or she is *un*fit.

Do not make the mistake of thinking that even if you walk half or the whole of a mile daily to and from business that you are equal to even double that small distance. Middle-aged—and elderly men especially—fail signally when they put their powers to the test of any distance beyond the regular daily walk.

With the ever-growing facilities for cheap travel by 'bus, tram or train, we are certainly in danger of losing our walking powers—which, like other things, exist only so long as there is a call for their development and maintenance by the natural law of healthy exercise.

I will ask those readers who have neglected their walking powers to look upon it as a grand and healthy exercise, and never to ride when they can walk—and to walk as often as possible.

Quite a number of young fellows—I know—seem to think it necessary for their health, as they put it, to lie in bed until mid-day on Sundays. What a mistaken idea of health, and how to woo it! A little candid self-examination would show that there is no reasonable ground for such self-indulgent laziness. Certainly a Saturday afternoon and evening's orgie of excitement, eating and drinking, is calculated to induce a feeling of tiredness, but, dear reader whom this cap fits, do not fool yourself—be honest with yourself — make up your mind if you value your health and strength of body and mind to forego questionable self-indulgence in favour of healthy pleasures. Then, your Sunday mornings will be spent to greater advantage in a long country walk or cycle ride.

It is wonderful, the amount of pleasure and interest to be obtained in a country ramble by one "with eyes to see." Nature has so varied a picture gallery that no one can fail to see something to interest him or her. At one time botany had a great vogue. Then geology "came in." At present, the study of wild life (insects, birds, animals and fishes) seems most popular.—MONTAGUE HOLBEIN.

How to be Popular.

Show a helpful spirit toward everybody, and a willingness always to lend a hand. Everyone despises a man or woman who is always thinking of self.

Be generous. The world loves a magnanimous soul. Large-heartedness is always popular.

Learn to say pleasant things of others. Always look for the good in others, but never for their faults. Try to see the man or woman that God made, not the distorted one which an unfortunate heredity and environment have made.

Do not remember injuries. Always manifest a forbearing, forgiving spirit.

Be cheerful. The sunny man is wanted everywhere. All doors fly open to him; he needs no introduction.

Be considerate of the rights of others. Never monopolise conversation. To listen well is as great an art as to talk well.

Mr. Barnum Knew Them.

The late P. T. Barnum was a keen student of human nature, as well as a natural humourist, and nothing which set forth human traits that were odd, or amusing, escaped his attention. He was very fond of telling stories of incidents that brought out features in human character—one of which, that delighted him immensely, was connected with the Siamese Twins.

When he was exhibiting those oriental freaks, the press of the country made them widely known, and they became very soon one of his best drawing cards.

One day there came to see them a back-country rustic, who was perfectly absorbed in them, and inquisitive enough in regard to them to require almost a bureau of information to answer his innumerable questions. Mr. Barnum happened to be the one questioned, and he was asked their age, occupation, original home, whether they were single or married, their weight and stature, and their religious belief. Nothing, at any rate, was too trivial or irrelevant, which the rustic thought of, all of which interested the showman intensely.

Finally, the bucolic visitor started slowly, but reluctantly, to leave; but, after walking away a few steps, he returned, and said, with the most solemn simplicity—

"They are brothers, I presume."

THE WOODMAN (*From an old print*).

Indigestion, Constipation and Nervous Exhaustion Frightfully Common.

The three most common ailments of to-day are indigestion, constipation, and nervous exhaustion. Every year sees a larger percentage of sufferers. The three seem to be closely allied enemies of health. I have given their names in about the order in which they develop in the human body.

In indigestion the food ferments, and, instead of becoming matter for the up-building of the body, it forms poisons. The removal of these poisonous matters from the body through the excreting organs is a heavy strain upon the vital powers. Prompt removal of them is, however, essential to the health—in fact, to the life—of the individual.

Now, if into a stomach containing a half digested meal, a mass of undigested food be introduced, the process of digestion is at once arrested, and fermentation and later putrefaction take place. This putrefaction in the intestines is, by many authorities, considered the principal, if not the sole, cause of disease.

Another cause of the fermentation of food through overfeeding or too frequent feeding is that the gastric juice is poured out, not in proportion to the amount of matter taken into the stomach, but in proportion to the needs of the body. If meals be excessive in quantity or frequency, the amount of the digestive fluids poured out is not enough for their digestion. The matter taken as food, therefore, decomposes and forms the poisonous products above referred to.

There are other disease-producing habits of feeding—eating when tired or taking exercise directly after a meal. Here the ingested food is deprived of its requisite quantity of gastric juice, and fermentation is the result. Taking of fluids with meals so dilutes this gastric juice as to interfere with digestion. The use of condiments, sauces and dressings is pernicious from every standpoint. Men and women have yet to learn that the approval of a perverted sense of taste is not a guide to wholesomeness of food. They have yet to learn that if they would survive in these trying times they must take special care of their bodies.

Smokers are Shallow Breathers.

In my opinion, it is not the nicotine poisoning that makes smoking so injurious to the human organism as it really is. The greatest evil is wrought by the smoker's habit of shallow breathing. Through the breathing the organism is supplied with oxygen and relieved of certain poisonous elements, the retention of which is a frequent cause of weakness and disease. The person who breathes improperly is at once starved and poisoned — starved for oxygen, and poisoned by the products of his own tissue waste. Of all the functions, the breathing is the most important. The first step in the acquirement of health, strength, artistic training, or mental development should be to learn how to so carry the body that proper breathing is possible, and then to make such carriage and breathing habitual. The great men are all erect, big-chested, deep-breathing men.

Wonders of Little Things.

THERE is a certain little fly that makes four hundred and forty steps in running three inches, and all in one-half a second of time. To equal this, in proportion to his size, a man would have to run at the rate of twenty miles a minute.

The common flea leaps two hundred times its own length. To show like agility, a man six feet tall would have to leap a distance of twelve hundred feet.

The cheese-mite is about one quarter of an inch in length, yet it has been seen to take the tip of its tail in its mouth, and then, letting go with a jerk, leap out of a vessel six inches in depth. To equal this, a man would have to jump out of a well from a depth of one hundred and forty-four feet.

Equally strange things are found among the plants and vegetables. A student of nature once tested the growing force of a squash. When it was eighteen days old and measured twenty-seven inches in circumference, he fixed a sort of harness around it, with a long lever attached. The power of the squash was measured by the weight it lifted. Two days after the harness was put on, it lifted sixty pounds. On the nineteenth day it lifted five thousand pounds.

The seed of the globe turnip is about one-twentieth part of an inch in diameter, and yet, in the course of a few months, this seed will be enlarged by the soil and the air to 27,000,000 times its original bulk, and this in addition to a bunch of leaves.

It has been found by experiment that a turnip seed will, under fair conditions, increase its own weight fifteen times in one minute. Turnips growing in peat ground will increase more than 15,000 times the weight of their seeds in one day.

Wood as Food.

Mr. John Maginn, an infirm inmate of the Mile End Old Town Workhouse, writes to the *Times* :—

> "Working in the firewood department, I have discovered that common deal wood is a valuable food and medicine, if cut small and eaten. Brown bread is not in it for its tonic and invigorating effect."

John Maginn had no idea of becoming a food specialist when, five years ago, he left his employment in the Post Office to become an inmate of the Mile End Union.

Now, John, being out of the world, knew little or nothing of Tariff Reform or the big and little loaf, and it was no political zeal that drove him to his discovery, simply the hand of fate.

The labour master for a long time noticed that the stock of wood was dwindling, but never suspected it was being used for Maginn's invaluable diet experiments—until recently.

"He got up early, did John," said a fellow-pauper, narrating the course of events, "and gravely announced that he was going to make his fortune and put an end to the misery and starvation that he had heard so much of.

"He accompanied each remark with a vigorous bite at a piece of wood, which he appeared to masticate and relish. He invited us to do the same, but we said we would wait for the recognised meal.

"'Mugs!' he added, contemptuously, producing a large tin box. We wondered what he was going to do. He got hold of an ordinary chip, and proceeded to cut it up into pieces about the size of an acid drop. 'I must have a plentiful supply,' he said, putting the tablets into the box, 'because I am leaving the workhouse.'

"He leaned over to me, and, tapping me on the shoulder, and addressing me as 'young man,' though I'm five-and-fifty in May, said that for a long time he had found the dietary and medicinal qualities of chips simply marvellous, and that ever since he had never suffered from hunger or illness. The first I never wondered at, for he ate twice as much as any of us.

"He ate the workhouse food, he said, because he did not want to quarrel with the master—not that meat and potatoes were necessary when he had wood. An hour or two after each meal, he said, he ate four wood tablets with happy effects—he felt himself a new man.

"If he had a headache or his liver was out of order he took two to three small pills of soaked wood. He said that if a man could eat two bundles of chips a day—about the size of those bundles sold eight a penny—he would be stronger than Sandow. 'I dreamt it,' he went on. He said pine wood was the best because it had lots of sap, which was better than sarsaparilla for the blood.

"Fir wood was very good for people who had much manual work to do, as it contained turpentine, which made muscle. He wrote a letter about his discovery to *The Times*, and said he would lecture about it himself."

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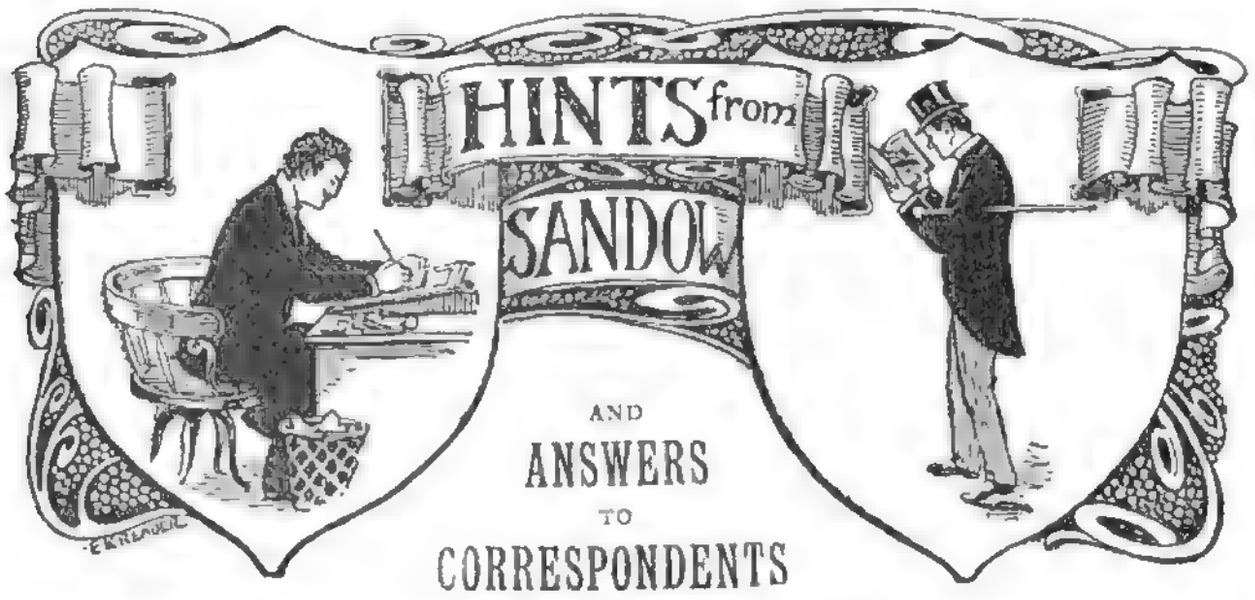

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

Why Mental Concentration is Necessary.

R. M. WALKER (PIETERMARITZBURG, NATAL) writes: As you wish readers of your magazine to exchange ideas, personal experiences, etc, I put forth questions which, answered in your magazine, may help many others as it will help me. All systems of Physical Culture that I have read about strongly urge the use of the mind in concentration with exercises performed, or rather contraction of the muscles worked, except one system of which I read, *i.e.*, in A. Treloar's "Science of Muscular Development," in which he advocates that concentration of the mind on the muscles exercised is liable to "use up more energy—and without result," also "too close concentration of the mind on the muscles being exercised is likely to produce a contraction of the antagonistic muscles, thus partly defeating the purpose of the exercise." I should like you to answer "Why is it necessary to concentrate the mind on the muscles exercised, and what is the relation of the mind and the body?" I do not ask these questions because I do not believe in the concentration of the mind, as I do consider the concentration necessary in the development of muscle. Hoping the answer you may be able to give will be a help to fellow readers, as I consider you the greatest authority on the subject of Physical Culture in its widest and fullest sense.

Answer: I will, in a later issue, reply more fully upon the subject, but will now quote from an article, "Muscle and Speed," in issue of November 16th, the following:—

"Muscle and Speed," November 16th, page 545. "What I do claim, however, is, to build up the human body to a degree of physical perfection that enables it to carry out any game or work with greater vigour, endurance, and speed than it would otherwise be capable of doing. If I may so put it, my system improves that part of a man which corresponds to the engine or dynamo of an electric light installation—it is for the master engineer (the mind) to switch on the connection, and thus produce the light that is evidence of the power behind it. Now, as to the development of muscle. It is easier to increase muscular tissue by conscious exercise than by comparatively unconscious exericse in a recreative game or physical work, where the mind is occupied with the game or work. Besides, there is no branch or combination of branches of athletics, or work, that produces all-round development like a properly devised system of Physical Culture."

MUSCLE.

A Natural Method of Curing Illness without the Employment of Medicine or Drugs.

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And its Beneficial Effects on the Muscular & Nervous System.

In reality, muscle plays a very important part in the health of the body and upon the condition of the muscular tissue surrounding the various organs depends whether a person is healthy or ill.

It must be remembered that the great organs of digestion and evacuation are all enveloped in and operated by muscle.

Nervous ailments are notoriously difficult to cure. Yet in all cases of nervous disorders the Sandow Treatment has proved itself an absolute remedy. Why is this?

Simply because the treatment is based on a thorough understanding of this most delicate portion of the body, and only natural means are employed in restoring it to health.

Every nerve ends in muscle, and unless the nerve itself and the muscle are washed by rich, healthy blood, disease ensues.

Nervous Breakdowns.—Whenever a breakdown takes place there will be pain and discomfort. In order to cure, the exact area where the nerve is must be discovered; then, by skilfully directed movements, a regular supply of pure blood must be caused to travel to the spot. This is precisely why the Sandow Treatment is so successful. No medicine or drugs are employed, and instead of pampering the diseased nerve, it is toned up to a sound, healthy condition.

NERVES.

Thousands of sufferers from such ailments as **indigestion, constipation, insomnia, loss of vigour, and various nervous and functional disorders** have already found relief and cure from a course of the Sandow Treatment.

INVITATION TO INVESTIGATE.—If you are a sufferer from any of these illnesses you, too, can be cured quickly and permanently. The treatment entails no inconvenience, and is endorsed by leading medical men.

Those who are the victims of any of these ailments will be interested in Sandow's Book on "Curative Physical Culture," which describes the treatment fully, and a copy of which will be sent free to all applicants describing their ailments, so that a thorough investigation of the methods and results is made before it is undertaken. Write at once for a copy to EUGEN SANDOW, Dept. S., **17, Basinghall Street, London, E.C.**

Knock-Knees—Water Drinking before or after Exercise.

"AN ADMIRER" (BOLTON) writes: (1) Can you give me a remedy for knock-knees (slightly), and do you think there is any hope of a cure at my age (19)? (2) Is it a good plan to drink a glass of cold water in the morning *before* exercise or *after*? I was thinking if one drank it before exercise it might do some harm when going through the abdominal exercises.

Answer: (1) At your age it should be possible to considerably relieve, if not cure, knock-knees. Leg-bending exercise in which the knees are turned *outwards* will be beneficial, in conjunction with general exercises, for the strengthening and equalising of the whole muscular system. (2) It is a question of quantity only—half a glass of water would be beneficial. It is as harmful to drink more immediately after as it would be immediately before, exercise.

Diet and Exercise for Stoutness.

'FOX" (BRIGG, LINCS.) writes: I am becoming very stout, and should like your advice on the subject through the columns of the magazine. My age is 18, and my employment consists chiefly of cycling and walking about the country. By this you may know I get sufficient fresh air and, in a certain direction, exercise. As this stoutness is very unbecoming, I should esteem it a favour if you would (through the mag.) inform me as to what course of diet and exercise would be beneficial.

Answer: Are you over-eating? Do you eat too fast? Do you breathe properly? Avoid fat-forming foods (see food value table in Dec. 14th issue—post free 3d.). Do you drink enough water between meals? A home Turkish bath once a week would assist the eliminative functions of the lungs, pores, kidneys, and bowels. The "Gem" Turkish Bath Cabinet ("Gem" Supplies Co., Newgate Street, E.C.) is a capital device.

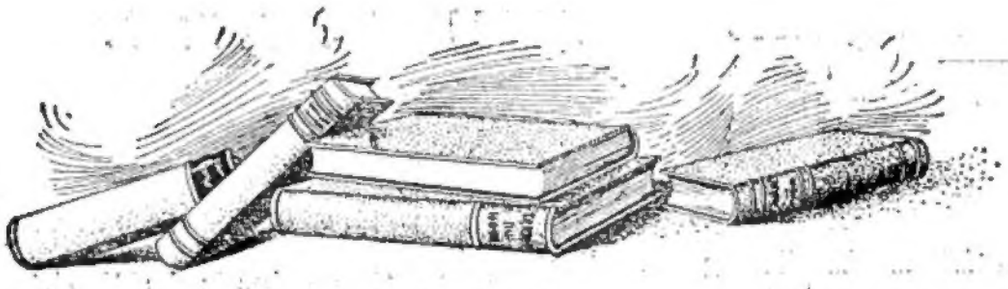
Chilblains and Poor Circulation.

"A READER" (no address given) suffers from chilblains and a poor circulation, and wishes to know whether to take a cold bath after exercising.

Answer: In cases like yours cold bathing is not to be recommended. The circulation being so weak you are not likely to have sufficient power of recuperation. Instead of cold plunge, take a rough towel, dip it with cold water, and rub yourself vigorously with it, drying also vigorously with another dry, rough towel. You will find, however, that your circulation will improve as the result of continual exercise, and, with this improvement, the chilblains will cease to have cause for existence.

No fewer than 8,465 "verminous" persons were compelled, under the recently passed Act, to undergo thorough cleaning in Marylebone alone, in 1905.

The Ship belonging to Messrs. Devitt & Moore, which is taking 100 Warspite boys on a voyage to Australia for seamanship training.



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HAYMARKET—At 8-30, "The Indecision of Mr. Kingsbury." Mat. Wed. and Sat. at 2-30.

IMPERIAL—At 8-15, "The Harlequin King. Mat. Wed. and Sat. at 2.30.

LYRIC—At 8.15, "The Blue Moon." Mat. Sat. at 2.15.

MARLBOROUGH—At 7-30, "The Forty Thieves." Mat. Mon., Wed., Thurs. and Sat. at 2.0.

NEW—At 8.15, "The Scarlet Pimpernel." Mat. Wed. and Sat. at 2.30.

VAUDEVILLE—At 8-15, "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WYNDHAM'S—At 8-45, "The American Widow." Mat. Sat. at 2.30.

WALDORF—At 8.30, "La Main"; 9, "Lights Out!" Mat. Wed. and Sat. at 2-30.

VARIETY THEATRES.

ALHAMBRA—At 7-45.

COLISEUM—At 3, 6, and 9

EMPIRE—At 8-15. Mat. Sat. at 2-15.

LONDON HIPPODROME—At 2 and 8 p.m.

OXFORD—At 7.30. Sat. Mat. at 2-20.

PALACE—At 7-45. Mat. Sat. at 2-0.

LONDON PAVILION—At 7-30. Sat. Mat. at 2-15.

TIVOLI—At 7-35. Sat. Mat. at 2-15.

LYCEUM—At 6-30 and 9-0. Mat. Mon. and Sat. at 2-30.

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